



# Year 1 - Summer - PSHE Knowledge Organiser

## What I already know...

In the Spring Term we learnt all about staying Healthy and Safe. We developed our knowledge of Road Safety, Healthy diets, Medicine safety and the safe and unsafe objects found in our own homes.

We also considered our Dreams and Goals and learnt that these are achieved through a series of steps that might challenge and stretch our learning.

## What I will learn...

Know the life cycles of animals and humans

Know how to express that some things about me have changed and some things stay the same about me.

Know how my body has changed since I was a baby.

Know and identify body parts and the difference between boys and girls bodies.

Know who to ask for help and realise that with new knowledge we change .

I can tell you about changes in my life.

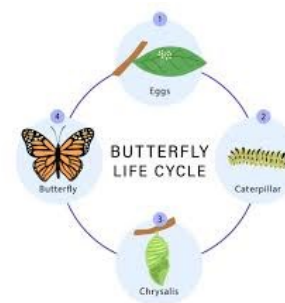
## Key Vocabulary

Change	Something or someone that alters, develops or is different.
Life Cycle	Series of changes in all living things.
Respect	Considering and regarding someone.
Private	Things that belong just to you.
Feelings	An emotional state or reaction.

## PSHE Skills:

### Disciplinary Knowledge: skills I will learn...

- Identify and accept how they have changed from a baby.
- Articulate what might change for them as they get older .
- Recognise that changing class can elicit happy and/or sad emotions
- Express how they feel about changing class/ growing up .
- Identify and reflect on positive memories from the past year in school/ home.



## Making a difference at The Merton

Everyone is unique and special! The Topic 'Changing Me' will explore how we are all unique and special with consideration to how we and animals might change over a lifetime. We will discover the life cycle of a caterpillar and be able to discuss how we all change and that change is okay. Learning how to respect these changes will also be a key part of our PSHE journey this term.

Recognizing changes in ourselves and other people will be carefully compared and expressing how we feel when these changes occur will also be an important skill to develop.

Finally, we will discuss who we can talk to and ask for help if we are worried about any changes that might occur. This will hopefully resolve worries and allow change to be accepted.